

2Spinach, Seasoned15

Number of Servings: 15 (111.99 g per serving)

Amount	Measure	Ingredient
3 1/2	lb	Spinach, fzn
1 1/2	Tbs	Margarine, soft, hydrog & reg soybean oil, Gold n Soft
4 3/4	Tbs	Vinegar, cider

Nutrients per serving

Nutrition Facts		
Serving Size (112g)		
Servings Per Container		
Amount Per Serving		
Calories 35	Calories from Fat 10	
	% Daily Value*	
Total Fat 1g		2%
Saturated Fat 0g		0%
Trans Fat 0g		
Cholesterol 0mg		0%
Sodium 260mg		11%
Total Carbohydrate 3g		1%
Dietary Fiber 2g		8%
Sugars 0g		
Protein 3g		
Vitamin A 80% • Vitamin C 35%		
Calcium 10% • Iron 6%		
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:		
	Calories	2,000 2,500
Total Fat	Less Than	65g 80g
Saturated Fat	Less Than	20g 25g
Cholesterol	Less Than	300mg 300 mg
Sodium	Less Than	2,400mg 2,400mg
Total Carbohydrate		300g 375g
Dietary Fiber		25g 30g
Calories per gram:		
Fat 9 • Carbohydrate 4 • Protein 4		

Notes

DEFROST frozen spinach IN REFRIG 2 DAYS OR OVER WEEKEND to cut cooking time.
Bring thawed frozen spinach to a boil, add salt and margarine and boil about 5 minutes.

Serve VINEGAR on the tables for those who want it.

Serve 1/3 c. serving = #12 scoop = 1 vegetable serving

SPINACH COOKS DOWN IN VOLUME SO ONLY 1/3 CUP SERVED TO KEEP SODIUM CONTENT OF DAY DOWN

1/3 c. serving = 3 grams CHO = 0 Carb Serving (Free food)